

DEVELOPMENT PROGRAM



TRAMPOLINE  
**CODE OF  
POINTS**

— 2021-2024 —

**USA**   
Trampoline  
& Tumbling

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## Section 1 – Trampoline Quick Reference

For complete information, refer to the Trampoline & Tumbling Rules & Policies on the USA Gymnastics website:  
www.usagym.org

### 1.1. Age Determination

1.1.1. Each level of the Developmental Program is divided into age groups. The age of the competitor on December 31 of the current year determines the age group in which he/she competes.

1.1.2. Age groups:

Levels 1-4	Levels 5-9	Level 10	Open	Level 9 Sync	Level 10 Sync	Open Sync
6 & U	8 & U	10 & U	17-21	12 & U	14 & U	17-21
7-8	9-10	11-12	22+	13+	15-16	22+
9-10	11-12	13-14				
11-12	13-14	15-16				
13-14	15+					
15+						

\* Note: Groups of three or less may be combined with the age group immediately above or immediately below at the Meet Directors discretion.

### 1.2. Competition Cards

1.2.1. Levels 1-8

1.2.1.1. No competition cards are required at these levels.

1.2.2. Levels 9-Open

1.2.2.1. All routines, including finals, must be written on the competition card. Voluntary routines must include difficulty value, position, and total value of the routine in order to avoid additional penalties.

1.2.2.2. In the voluntary routine, changes to the elements and the order in which they are written on the competition card are permitted without penalty.

1.2.2.3. Competition cards must be completed using only the FIG numeric system.

1.2.2.4. Failure to turn in a competition card filled out using the FIG numeric system, will result in a DNS.

### 1.3. Dress Code

1.3.1. Athletes: The dress code must be followed during all training, warm up and competition at all sanctioned events. Any violation identified during training and session warm up may receive a warning. Any violation during flight warm up or competition could result in a Chair of the Judges Panel penalty as per Rule 2.4.1.3.

1.3.1.1. For safety reasons, covering the face or head is NOT allowed. However, if an athlete regularly trains in a face mask and chooses to wear this mask during competition, they will not be penalized so long as the mask is tightly secured. Athletes who require a head covering for religious reasons, may request an exception from the Program Committee.

1.3.1.2. The wearing of jewelry or watches is not permitted. All piercings should be removed; alternatively, if piercings are not removed they must be completely covered. If outside of the leotard, the covering must be tape affixed to the body, and be tan, black or white. Untaped or uncovered piercings would constitute a major violation and the athlete would not be allowed to start. All tape/covering must be tan, black or white.

1.3.1.3. Only rubber bands, ribbons, flat metal clips or soft hair decoration are allowed.

- 1.3.1.4. Long hair for both male and female competitors must be secured close to the head. If the hair touches the bed (with the exception of elements that require back landings), pads or spring covers, the routine will be interrupted. (see Guide to Judging)
  - 1.3.1.5. Bandages or support pieces must be tan, black or white.
  - 1.3.1.6. Synchronized pairs must wear uniform dress.
- 1.3.2. Male Competitors
- 1.3.2.1. Step-in or compression shirt made of lycra or spandex, with or without sleeves. (must be skin tight). T-shirts are not acceptable.
  - 1.3.2.2. Competition pants in a single color, or competition shorts with no more than a 5" inseam.
  - 1.3.2.3. Any length skin tight leg covering (not including trampoline pants) of one solid color that matches a color found in the step-in or compression shirt, black, or skin color may be worn. Designs, patterns, images words or symbols are not allowed. A manufacturer's logo of no more than 1" is allowed.
  - 1.3.2.4. Trampoline shoes and or foot covering in the same color as the competition pants or white. If shorts are worn, the foot covering must be white and may not be more than ankle length.
- 1.3.3. Female Competitors
- 1.3.3.1. Leotard with or without sleeves (must be skin tight).
  - 1.3.3.2. Any length skin tight leg covering (not including trampoline pants) of one solid color that matches a color found in the leotard, black, or skin color may be worn. Designs, patterns, images, words or symbols are not allowed. A manufacturer's logo of no more than 1" is allowed.
  - 1.3.3.3. A full length one-piece leotard (unitard) may be worn (must be skin tight).
  - 1.3.3.4. Gym shorts that are a solid color to match the leotard, match the pattern of the leotard or black may be worn (must be skin tight).
  - 1.3.3.5. Trampoline shoes and or foot covering must be white. If a unitard or long tights are worn, shoes/foot covering may be in the same color as the unitard/long tights. Foot covering may not be more than ankle length.
- 1.3.4. Coaches
- 1.3.4.1. Coaches are required to dress in attire reflecting the best image of USA Gymnastics:
    - Collared shirts, business casual shirts or t-shirt with team logo
    - Track suit, "docker-style" pants
    - Shorts with a minimum of a 3 inch are allowed during assigned training and open training days only.\*
    - Athletic shoes with rubberized soles
    - Warm up jackets are optional
  - 1.3.4.2. The following is NOT allowed on the field of play:
    - Denim
    - Caps or hats
    - Tank tops
    - Sleeveless shirts
- 1.3.5. Any violation of Rules 1.3.1.1-1.3.3.5 during flight warm up or competition may result in a 0.2 penalty taken from the total score of each routine where the offense occurs per Rule 2.4.1.3.
- 1.3.6. A major violation could result in the disqualification from the round in which the offense occurs.
- 1.3.7. Any violation of Rules 1.3.4.1-1.3.4.2; the coach will be asked to leave the floor.

**1.4. Flights**

1.4.1. Competitors will be scheduled in flights of no more than 12.

**1.5. Spotters**

- 1.5.1. Must be a current Competitive Coach, Judge, Meet Director, Organization Owner/Managing Director member or age and physical size appropriate current athlete member.
- 1.5.2. One spotter is required at each corner, if a throw mat is NOT utilized.
- 1.5.3. Spotters may not sit or stand on the trampoline equipment.
- 1.5.4. If a throw mat is utilized, the spotter/coach may stand on either side of the trampoline. The coach with the mat will replace one of the spotters.
- 1.5.5. A throw mat that is utilized during competition, must meet the dimensions as described in the equipment specification in the Rules & Policies.

**1.6. Start of a Routine**

- 1.6.1. The starting order is decided by a random draw.
- 1.6.2. Each competitor will start on a signal of the Chair of the Judges Panel.
- 1.6.3. After the signal has been given, the competitor must initiate the first element within one minute, otherwise the Chair of the Judges Panel will apply the appropriate penalty per Rule 2.4.1.5.
- 1.6.4. If the time limit is exceeded as a result of faulty equipment or other substantial cause, no penalties will be applied. The Chair of the Judges Panel makes this decision. The athlete may restart upon the signal from the Chair of the Judges Panel.
- 1.6.5. A competitor's routine will be considered started once the first element is initiated.
- 1.6.6. A synchronized routine is considered started when both gymnasts perform an element.
- 1.6.7. Second attempts are not allowed.
  - 1.6.7.1. If a gymnast is obviously disturbed (faulty equipment or substantial external influence), the Chair of the Judges Panel Panel in conference with the meet referee and/or the meet director may allow another attempt. A gymnast's clothing cannot be classified as "equipment".
  - 1.6.7.2. Spectator noise, applause and the like would not normally constitute a disturbance, unless the interference affects the communication between a synchronized pair.

**1.7. Termination of a Routine**

- 1.7.1. The routine must end under control, on the trampoline bed with feet together or at a distance smaller than shoulder width. Only those elements that are deemed complete will be evaluated.
- 1.7.2. After the last element of a routine, the competitor is allowed to do one additional jump in a straight position, (out-bounce) using the elasticity of the bed.
- 1.7.3. In synchronized competition, both competitors must either do an out-bounce or they must both stand still; otherwise there will be a 0.4 penalty taken from the total score in which the offense occurs, per Rule 2.4.1.4.
- 1.7.4. If a competitor executes more than ten elements, a 1.0 deduction will be taken from each E score of the routine in which the offense occurs, per Rule 2.5.8.3.6.
- 1.7.5. A routine is deemed to have ended after the three seconds has elapsed. Competitors must stand upright for approximately three seconds, otherwise there will be a deduction for lack of stability as per Rule 2.5.8.2.2. This deduction will be taken from each E Score (see Guide to Judging).

**1.8. Warm-Up**

1.8.1. All competitors will be allowed warm-up touches during their flight warm-up prior to competition.

1.8.2. Warm-up minimum requirements:

<b>Local/State/Regional/National</b>		
<b>Warm-up Option A</b>		
If a general training or warm-up session is offered prior to competition, the following warm-up will be provided immediately prior to flight competition.		
<b>Trampoline / Synchro</b>		
<b>Levels</b>	<b>Qualification</b>	<b>Finals</b>
Levels 1-4	2 Touches / N/A	N/A
Levels 5-7	2 Touches / N/A	N/A
Levels 8-Open	2 Touches / 1 Touch	1 Touch / N/A
<b>Local/State/Regional/National</b>		
<b>Warm-up Option B</b>		
If NO general training or warm-up sessions are provided prior to competition, the following warm-up will be provided immediately prior to flight competition		
<b>Trampoline / Synchro</b>		
<b>Levels</b>	<b>Qualification</b>	<b>Finals</b>
Levels 1-4	2 Touches / N/A	N/A
Levels 5-7	2 Touches / N/A	N/A
Levels 8 - 9	3 Touches / 1 Touch	1 Touch / N/A
Levels 10 – Open	3 Touches / 2 Touches	1 Touch / N/A
<b>National Events</b>		
<b>Warm-up Option C</b>		
When session warm-ups are provided, they must be a minimum of 50 minutes in length and provide a minimum of 15 minutes stretch time.		

1.8.3. No general warm-up period is required, however if time allows one may be provided.

1.8.4. When specific session warm-ups are provided, athletes are only allowed to warm-up on the apparatus on which they compete in that session.

1.8.5. In the event a competitor abuses the warm-up, a 0.3 penalty will be taken from the total score of each routine in which the offense occurs as per Rule 2.4.1.2.

1.8.6. Warm-up on the competition hall equipment may be eliminated, if equivalent equipment is provided in an adjacent hall.

1.8.7. Competition dress codes must be followed during all flight warm up and competition.

## SECTION 2 – Judges Duties and Competition Details

### 2.1. Judges

- 2.1.1. Judges must sit on a platform a minimum of 6' from trampoline number 1. The platform must be raised by a minimum of 18" from the floor.
- 2.1.2. If more than one trampoline is used, the Horizontal Displacement judge must judge HD from the floor next to the trampoline on which the athlete is competing.
- 2.1.3. If a judge fails to carry out his/her duties in a satisfactory manner, he/she may be replaced. This decision will be made by the Jury of Inquiry upon the recommendation of the Chair of the Judges Panel and must be documented with the T&T Technical Committee.
- 2.1.4. If the judge in question is also a member of the Jury of Inquiry, he/she will not participate in the decision taken.
- 2.1.5. If an E, HD or S judge is replaced, the Jury of Inquiry may decide that his/her previous marks may be replaced. (See Rules & Policies for information regarding the Jury of Inquiry).

### 2.2. Duties of the Chair of the Panel (CJP)

- 2.2.1. Control the facility and electronic judging system.
- 2.2.2. Organize the judges' conference and trial scoring.
- 2.2.3. Place and supervise all judges, spotters and data recorders.
- 2.2.4. Direct the competition.
- 2.2.5. Convene the judges panel.
- 2.2.6. **After conferring with Meet Referee and/or Meet Director**, decide if a second attempt should be allowed.
- 2.2.7. Decide about a gymnast dress.
- 2.2.8. Decide if a judge fails to show his/her mark immediately.
- 2.2.9. Instruct the E judges to take any instability or landing deductions on completed routines.
- 2.2.10. Decide if assistance given by a spotter was necessary.
- 2.2.11. Assist the D judge in checking routine requirements.
- 2.2.12. Declare the maximum mark in the case of an interrupted routine.
- 2.2.13. Direct E judges to reevaluate their score, if the 0.5 range is not met.
- 2.2.14. Assist the HD or S judge should there be a failure of the electronic system.
- 2.2.15. Decide and display all Chair of the Judges Panel penalties taken from the total score.
- 2.2.16. Supervise and control all scores, calculations and the final results and intervene if he/she recognizes obvious calculation errors.

### 2.3. Interruption of a Routine

- 2.3.1. A routine will be considered interrupted if the competitor:
  - 2.3.1.1. Obviously does not land simultaneously on both feet on the bed.
  - 2.3.1.2. Does not use the elasticity of the bed after landing for the immediate continuation of the next element.
  - 2.3.1.3. Touches anything other than the trampoline bed with any part of the body.
  - 2.3.1.4. Is touched by a spotter or spotter mat.
  - 2.3.1.5. Leaves the trampoline due to lack of control or insecurity.
  - 2.3.1.6. Does not perform the compulsory routine as required. The routine is interrupted at the point of change.
  - 2.3.1.7. Performs an incomplete element or fails to land on two feet. (see Guide to Judging).
  - 2.3.1.8. Performs an intermediate straight jump.
  - 2.3.1.9. Performs an element not allowed in Levels 8-Open.
  - 2.3.1.10. Uses equipment for something other than its intended purpose.
  - 2.3.1.11. Lands on any part of the body except feet, seat, front or back.

- 2.3.1.12. Synchro: Performs a different element from that of his/her partner in a synchronized routine.
- 2.3.1.12.1. In synchronized competition, if one of the competitors is more than  $\frac{1}{2}$  element ahead of their partner, the Chair of the Judges Panel may deem they have performed different elements.
- 2.3.2. No credit will be given for the element in which the interruption occurs in respect to Rules 2.3.1.1-2.3.1.11.1.
- 2.3.3. A routine will be judged only on the number of completed elements on the trampoline. The routine must end with both feet on the trampoline bed. (See Guide to Judging), also see Rule 1.7.1 Termination of a Routine.
- 2.3.4. Landing deductions are taken on completed routines only.
- 2.3.5. Chair of the Judges Panel and Difficulty judge Penalties that are taken from the total score are taken on both complete and incomplete routines.
- 2.3.6. The Chair of the Judges Panel will determine the maximum mark.

#### 2.4. Judges Penalties – Total Score

- 2.4.1. Chair of the Judges Panel penalties are taken from the total score of each routine where the offense(s) occurs
- 2.4.1.1. Talking to or giving any form of a signal to a competitor by his/her own coach or spotter during a routine 0.6
- 2.4.1.2. Abusing the warm-up time 0.3
- 2.4.1.3. Violation of the dress code 0.2
- 2.4.1.4. Synchronized competition – at the completion of a 10 element routine, one partner performs an out-bounce, while the other stands still 0.4
- 2.4.1.5. Exceeding the time limit as per Rule 1.6.3:
- 61-90 seconds 0.2
  - 91-120 seconds 0.4
  - 121-180 seconds 0.6
  - 181 seconds – will result in disqualification from the respective round of competition.
- 2.4.1.6. If there is a faulty start, the gymnast may re-start on a signal given by the Chair of the Judges Panel.
- 2.4.2. Difficulty judges penalties are given to the Chair of the Judges Panel, and are taken from the total score of each routine where the offense(s) occurs
- 2.4.2.1. Levels 8-Open, first voluntary routine, repetition of an element per occurrence. 2.0
- 2.4.2.2. Levels 8-Open, voluntary routines, failing to meet or exceeds routine requirements, per occurrence 2.0
- 2.4.2.3 Fails to turn in a competition card, or the card is incomplete as per Rule 1.2.2.4. 0.2

#### 2.5. Duties of the Judges for Execution (E Judge)

- 2.5.1. Evaluate the execution of each element in the range of 0.0-0.5 and write their deductions independently of the other judges.
- 2.5.2. During synchronized competition, judges 1 and 3 will evaluate the execution of the routine on trampoline 1 and judges 2 and 4 will evaluate the routine on trampoline 2.
- 2.5.3. Subtract their deductions from the maximum mark indicated by the Chair of the Judges Panel.
- 2.5.4. Display their Execution score.
- 2.5.5. Evaluation of Execution (E Score)
- 2.5.5.1. Lack of form, maintenance of height, and control in each element.
- 2.5.5.2. Evaluate the execution of each element in the range of 0.0-0.5 as per Rule 2.5.6.1 – 2.5.6.4.



- 2.5.6. Execution deductions
- 2.5.6.1. Slight faults, for each occurrence 0.1-0.2
  - 2.5.6.2. Substantial faults, for each occurrence 0.3-0.4
  - 2.5.6.3. Major faults, for each occurrence 0.4-0.5
  - 2.5.6.4. On all routines, when using total E scores, the two E scores must be within 0.5 and when using three E scores they must be within 0.5 of the median score. Should the scores not be within range, the Chair of the Judges Panel will determine what is best and fairest, so the 0.5 range requirement is met.
- 2.5.7. The Chair of the Judges Panel will determine the maximum mark.
- 2.5.8. Landing deductions
- 2.5.8.1. Instability and landing deductions are taken from the E Score upon the instruction of the Chair of the Judges Panel on completed routines only.
  - 2.5.8.2. Lack of stability after a completed routine (10 elements).
    - 2.5.8.2.1. Uncontrolled out-bounce 0.1
    - 2.5.8.2.2. Landing on both feet but lacking stability and not standing still for approximately 3 seconds (see Guide to Judging) 0.1-0.2

**Routines will receive an instability deduction OR a Landing deduction. The two are never applied to the same routine; E judges will take the greater of the two.**
  - 2.5.8.3. Landing deduction after a completed routine
    - 2.5.8.3.1. After landing, touching the bed with one or both hands 0.5
    - 2.5.8.3.2. If the hands are used to support the whole body. 1.0
    - 2.5.8.3.3. Touching or stepping on anything other than the trampoline bed 0.5
    - 2.5.8.3.4. After landing, touching with or falling to the knees, hands & knees, front, back or seat on the trampoline bed 1.0
    - 2.5.8.3.5. Landing or falling outside the trampoline bed or leaving the trampoline area (See Guide to Judging) 1.0
    - 2.5.8.3.6. Performing an additional element 1.0

## 2.6. Duties of the Judges for Difficulty (D Judge)

- 2.6.1. Collect the competition cards.
- 2.6.2. Check the elements and difficulty values entered on the competition cards.
- 2.6.3. Confirm with the Chair of the Judges Panel that compulsory routines were performed correctly.
- 2.6.4. Check the required elements/requirements for voluntary routines.
- 2.6.5. Determine and record all elements performed, and its difficulty value on the competition card.
- 2.6.6. Determine whether or not any of the elements were intermediate straight jumps and notify the Chair of the Judges Panel.
- 2.6.7. Check that pairs in synchronized competition perform the same elements at the same time and notify the Chair of the Judges Panel if there are different elements as per Rule 2.3.11.1.
- 2.6.8. Notify the Chair of the Judges Panel of any penalties per Rule 2.4.2.
- 2.6.9. Display the score for difficulty.
- 2.6.10. Display in public (red flag) if a gymnast executed other elements than indicated on the competition card, or change in their order for the voluntary routine.
- 2.6.11. Evaluation of Difficulty (D Score)
  - 2.6.11.1. The difficulty of each element is calculated based on the amount of somersault and twist.
    - 2.6.11.1.1. Per ¼ somersault. (90°) 0.1
    - 2.6.11.1.2. Completed single somersaults. (360°) 0.5
    - 2.6.11.1.3. Completed double somersaults. (720°) 1.0
    - 2.6.11.1.4. Completed triple somersaults. (1080°) 1.6

- 2.6.11.1.5. Per ½ twist. (180°) 0.1
- 2.6.11.1.6. Elements without twist or rotation have no difficulty value.  
Side somersaults are not allowed.
- 2.6.11.1.7. Single somersaults with twist must twist in one continuous direction, otherwise, no difficulty will be awarded the element. For elements which do not meet this requirement, an additional deduction for not meeting routine requirements may be taken from the total score for the routine.
- 2.6.11.2. In elements combining somersault and twist, the difficulty value of the somersault and twist are added together.
- 2.6.11.3. Single somersaults (360° to 630°) without twist that are executed in the straight or pike position will be awarded an additional 0.1.
- 2.6.11.4. Multiple somersaults of 720° or more, with or without twist, executed in the straight or pike position, will be awarded an extra 0.1. per somersault.

## 2.7. Duties of the Judges for Synchronization (S Judge)

- 2.7.1. When two S judges are used:
- 2.7.1.1. Evaluate the synchronized performance and record their deductions for each unsynchronized landing as per Rule 2.7.1.3.1.
- 2.7.1.1.1. Evaluate the synchronization of each element in the range of 0.0-0.5 per Rule 2.7.1.3.1.
- 2.7.1.2. Subtract deductions from the maximum mark indicated by the Chair of the Judges Panel.
- 2.7.1.3 S judges will record the following deductions for each un-synchronized landing:
- 2.7.1.3.1. Difference in landing:
- Landing difference under 30 inches in height 0.1-0.3
  - Landing difference of 30 inches or more in height 0.4-0.5
- 2.7.2. When the synchronized scores are evaluated electronically, the appointed judge supervises the electronic system.
- 2.7.2.1. In the case of a breakdown of the device the S judge or an appointed judge will measure the synchro deviations using video analysis with the oversight of the Chair of the Judges Panel.
- 2.7.2.2. When using a total S score, deductions are subtracted from the maximum mark indicated by the Chair of the Judges Panel. When using element-by-element S score, each S judge's deductions will be entered into the scoring program. The program will average the two deductions for each element. The average will be the valid deduction for each element. The total of the average will be taken from the maximum mark and will be doubled resulting in the valid S score for the routine.
- 2.7.3. Display the synchronization score. The Chair of the Judges Panel will determine the maximum mark.

## 2.8. Duties of the Judge for Time of Flight (T Judge)

- 2.8.1. Time of Flight (ToF) should be evaluated using a time measurement device.
- 2.8.2. In the case of a breakdown of the device, determine Time of Flight using video analysis.
- 2.8.2.1. Should a breakdown of the time measurement device occur the T judge, along with the Chair of the Judges panel or an appointed judge such as the Meet Referee will use the following protocol to determine the valid ToF for the routine.
- 2.8.2.1.1. Upload video to a monitor that is size appropriate for viewing. Video should be no less than 50 frames per second.
- 2.8.2.1.2. If available, use a time calculation program to determine ToF.
- 2.8.2.1.3. If the time calculation program is not available, the following process

will be used to determine the ToF for the routine.

- 2.8.2.1.4. The video will be timed using a stopwatch. The judge will start the time when the athlete is completely in the bottom of the trampoline bed before initiating the first element, and stop the time after the athlete's final element is completely at the bottom of the trampoline bed. The times listed below are taken from the maximum mark determined by the Chair of the Judges Panel.

Elements Counted	1	2	3	4	5	6	7	8	9	10
<b>Subtract</b>	0.28	0.55	0.83	1.10	1.38	1.65	1.93	2.20	2.48	2.75

- 2.8.3 Determine the Time of Flight according to the number of valid elements. The maximum mark is determined by the Chair of the Judges Panel.
- 2.8.4 Display the Time of Flight.

## 2.9. Duties of the Judges for Horizontal Displacement (HD Judge)

- 2.9.1. Operate HD device and display score for HD.
- 2.9.2. Determine the HD score according to the number of elements. The maximum mark is determined by the Chair of the Judges Panel.
- 2.9.3. Evaluation of the score for Horizontal Displacement (HD score)  
When the HD score is determined by judges rather than a device
- 2.9.3.1. Deductions for the elements performed to the feet, when the majority of the foot lands in a zone (obviously outside the outer line), the deduction related to this zone will be applied (see Guide to Judging).
- 2.9.3.2. Deductions for the elements performed to the front, back or seat (because a larger portion of the body touches the bed), the hip joint portion of the body touching the bed should be used to determine where the body lands (see Guide to Judging).

## Section 3 – Trampoline Routines and Requirements

### 3.1. Required Positions During an Element

- 3.1.1. In all positions, the feet and legs should be kept together (except in straddle jumps) and the feet and toes pointed.
- 3.1.2. Depending on the requirements of the movement, the body should be tucked, piked or straight.
- 3.1.3. In the tuck and pike positions, the thighs should be close to the upper body, except in the twisting phase of multiple somersaults.
- 3.1.4. In the tuck position, the hands should touch the legs below the knee.
- 3.1.5. In the pike position, the hands should touch the tops of the feet.
- 3.1.6. In straddle jumps, the angle between the legs must be equal to or greater than 45° and the hands should touch the tops of the feet.
- 3.1.7. The arms should be straight and/or close to the body whenever possible.
  - 3.1.7.1. In single somersaults with 360° of twist or less and double somersaults with 180° of twist the arms may be straight and away from the body 45° with no deduction (see Guide to Judging).
  - 3.1.7.2. In single somersaults with more than 360° of twist and all other twisting double somersaults, the arms may be straight and away from the body 90° with no deduction (see Guide to Judging).
- 3.1.8. The following defines the minimum requirements for a particular body shape:
  - 3.1.8.1. Straight position: The angle between the upper body and the thighs must be greater than 135° (see Guide to Judging).
  - 3.1.8.2. Pike Position: The angle between the upper body and the thighs must be equal to or less than 135°, and the angle between the thighs and the lower legs must be greater than 135° (see Guide to Judging).
  - 3.1.8.3. Tuck position: The angle between the upper body and thighs must be equal to or less than 135°, and the angle between the thighs and the lower leg must be less than 135° (see Guide to Judging).
  - 3.1.8.4. When two positions are achieved in a single somersault the Difficulty Judge will assess the element based on the least difficult body position prior to one o'clock. After one o'clock any change in position will be treated as a "keeping/holding" deduction.
  - 3.1.8.5. When two positions are achieved in multiple somersaults the Difficulty Judge will assess the element based on the least difficult body position achieved prior to the final 180° of the element. Any change in position in the final phase will be treated as a "keeping/holding" deduction.
  - 3.1.8.6. In the tuck and pike position the thighs should be as close as possible to the upper body.
  - 3.1.8.7. The phases in multiple somersaults are
    - 3.1.8.7.1. In somersaults of 540° or less, one phase is recognized.
    - 3.1.8.7.2. In somersaults of 630°-900°, two phases are recognized, early and late, and equate to the degrees of rotation divided by two.
    - 3.1.8.7.3. In somersaults of 900° or more, each somersault is recognized as a separate phase.

### 3.2. Repetition of an Element

- 3.2.1. Elements performed more than once during the 1<sup>st</sup> voluntary routine will result in a penalty of 2.0 from the total score of the routine for each occurrence where the offense occurs, as per Rule 2.4.2.1.
- 3.2.2. Elements performed more than once during the 2<sup>nd</sup> voluntary routine will result in the loss of the difficulty value of the repeated element.

- 3.2.2.1. If the loss of difficulty due to a repetition causes the difficulty to drop below the minimum required, an additional 2.0 penalty will be taken from the total score, as per Rule 2.4.2.2.
- 3.2.3. Elements having the same amount of rotation, but performed in either the tuck, pike or straight positions are considered to be different elements and are not considered a repetition.
- 3.2.4. Multiple somersaults of more than 630°, having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases of the element (see Guide to Judging).

### 3.3. Trampoline Levels 1-4 Routine Definition

- 3.3.1. Competition is comprised of a ten-element compulsory routine.
- 3.3.2. All completed routines are scored out of 10.0.
- 3.3.3. After the last element, the competitor is allowed to do one jump in a straight position (out-bounce) using the elasticity of the bed.
- 3.3.4. No finals are held at this level.
- 3.3.5. Compulsory routines:

#### LEVEL 1

Tuck jump  
 Jump ½ twist  
 Straddle jump  
 Seat drop  
 Return to feet  
 Tuck jump  
 Jump ½ twist  
 Straddle jump  
 Seat drop  
 Return to feet

#### LEVEL 3

Back drop free  
 Pull over tuck to feet  
 Tuck jump  
 Jump ½ twist  
 Seat drop  
 ½ twist seat drop  
 Return to feet  
 Pike jump  
 Straddle jump  
 Front somersault tuck

#### LEVEL 2

Front drop free  
 Return to feet  
 Jump ½ twist  
 Tuck jump  
 Seat drop  
 ½ Twist to feet  
 Straddle jump  
 Pike jump  
 Back drop free  
 Return to feet

#### LEVEL 4

Back somersault tuck  
 Straddle jump  
 Seat drop  
 Front drop  
 Seat drop  
 ½ twist to feet  
 Tuck jump  
 Pike jump  
 Front somersault pike  
 Jump ½ twist

- 3.3.5.1. Deviation from the compulsory routine will result in an interruption of the routine at the point of change. See Rule 2.3.1.6.

**3.4. Trampoline Levels 5-7 Routine Definition**

- 3.4.1. Competition is comprised of a ten-element compulsory routine.
- 3.4.2. All completed routines are scored out of 10.0.
- 3.4.3. After the last element, the competitor is allowed to do one more jump in a straight position (out-bounce) using the elasticity of the bed.
- 3.4.4. No finals are held at this level.
- 3.4.5. Compulsory routines:

**LEVEL 5**

Back somersault pike  
 Tuck jump  
 Back somersault tuck  
 Straddle jump  
 Seat drop  
 ½ twist to seat drop  
 Return to feet  
 Jump ½ twist  
 Pike jump  
 Barani pike

**LEVEL 6**

¾ Back somersault pike  
 Return to feet  
 Tuck jump  
 Barani tuck  
 Back somersault tuck  
 Pike jump  
 Back somersault pike  
 Barani pike  
 Straddle jump  
 Barani straight

**LEVEL 7**

Barani pike  
 Back somersault pike  
 Pike jump  
 Back somersault straight  
 Barani straight  
 Straddle jump  
 Back somersault tuck  
 Tuck jump  
 ¾ front somersault straight  
 Ball out or barani ballout tuck

- 3.4.5.1. Deviation from the compulsory routine will result in an interruption of the routine at the point of change. As per Rule 2.3.1.6

**3.5. Trampoline Levels 8-Open: Routine Requirements**

- 3.5.1. Competition is comprised of two, ten-element voluntary routines.
- 3.5.2. All completed routines are scored out of 10.0.
- 3.5.3. Changes to elements and the order in which they are written on the competition card are permitted without penalty.
- 3.5.4. If a competitor does not meet or exceeds the routine requirements, a 2.0 penalty will be taken from the total score. This penalty is taken only on completed routines (see Guide to Judging).
  - 3.5.4.1. If a competitor exceeds the maximum routine difficulty, then the maximum difficulty allowed will be the valid difficulty score for the routine.
  - 3.5.4.2. Elements which exceed the maximum element difficulty allowed will result in an interruption of the routine.
- 3.5.5. Repeats are not allowed in the first voluntary routine. A penalty of 2.0 will be taken from the total score as per Rule 2.4.2.1.
  - 3.5.5.1. Repeated elements between the second voluntary and the final routine will not be considered a repeat and will be awarded difficulty.
  - 3.5.5.2. Repeated elements within the second voluntary or within the final routine will not be awarded difficulty value.
  - 3.5.5.3. Penalties regarding minimum routine difficulty may be applied if the loss of difficulty, causes the routine to not meet routine requirements.
- 3.5.6. No triple somersaults are allowed in Level 10 or below.
- 3.5.7. No difficulty is awarded for the first voluntary routine.
- 3.5.8. After the last element, the competitor is allowed to do one jump in a straight position (out-bounce) using the elasticity of the bed.

**3.6. Level 8 Individual Competition – Two Voluntary Routines**

- 3.6.1. First routine – 1<sup>st</sup> voluntary routine requirements
  - 3.6.1.1. Maximum of three non-somersaulting elements
  - 3.6.1.2. Seven elements with a minimum of 270° rotation
  - 3.6.1.3. Must contain  $\frac{3}{4}$  back somersault, Cody or  $\frac{3}{4}$  front, barani ball-out free
  - 3.6.1.4. Maximum element DD 0.9
- 3.6.2. Second routine – 2<sup>nd</sup> voluntary routine requirements
  - 3.6.2.1. One somersault with a minimum of 360° of twist
  - 3.6.2.2. Minimum routine difficulty 4.0
  - 3.6.2.3. Maximum routine difficulty 6.0
  - 3.6.2.4. Maximum element difficulty 0.9
- 3.6.3. There are no finals for Level 8.

**3.7. Level 9 Individual Competition – Two Voluntary Routines**

- 3.7.1. First routine – 1<sup>st</sup> voluntary routine requirements
  - 3.7.1.1. Maximum of two non-somersaulting elements
  - 3.7.1.2. Eight elements with a minimum of 270° of rotation
  - 3.7.1.3. Must contain  $\frac{3}{4}$  back somersault, Cody or  $\frac{3}{4}$  front somersault, barani ballout free
  - 3.7.1.4. Maximum element difficulty 1.3
- 3.7.2. Second routine – 2<sup>nd</sup> voluntary routine requirements
  - 3.7.2.1. Must contain one double somersault
  - 3.7.2.2. Minimum routine difficulty 5.5
  - 3.7.2.3. Maximum routine difficulty 7.1
  - 3.7.2.4. Maximum element difficulty 1.3

**3.8. Level 10 Individual Competition – Two Voluntary Routines**

- 3.8.1. First routine – 1<sup>st</sup> voluntary routine requirements
- 3.8.1.1. Maximum one non-somersaulting element
  - 3.8.1.2. Nine elements with minimum 270° rotation
  - 3.8.1.3. Must contain  $\frac{3}{4}$  back somersault, Cody or  $\frac{3}{4}$  front somersault, barani ballout free
  - 3.8.1.4. Maximum element difficulty 1.6
- Exception: (No triples)
- 3.8.2. Second routine – 2<sup>nd</sup> voluntary routine requirements
- 3.8.2.1. Minimum one forward double somersault with  $\frac{1}{2}$  twist
  - 3.8.2.2. Minimum routine difficulty 7.0
  - 3.8.2.3. Maximum routine difficulty 11.0
  - 3.8.2.4. Maximum element difficulty 1.6
- Exception: (No triples somersaults)

**3.9. Open Individual Competition – Two Voluntary Routines**

- 3.9.1. First routine – 1<sup>st</sup> voluntary routine requirements
- 3.9.1.1. Maximum of one non-somersaulting element
  - 3.9.1.2. Nine elements with minimum 270° rotation
  - 3.9.1.3. Must contain  $\frac{3}{4}$  back somersault, Cody or  $\frac{3}{4}$  front somersault, barani ballout free
- 3.9.2. Second routine – 2<sup>nd</sup> voluntary routine requirements
- 3.9.2.1. Minimum of one forward double somersault with  $\frac{1}{2}$  twist out (801)
  - 3.9.2.2. Minimum routine difficulty 7.0
  - 3.9.2.3. Maximum element difficulty 2.0

**3.10. Individual Finals Level 9 - Open**

- 3.10.1. Finals must be held at National Championships, but are optional at all other competitions.
- 3.10.2. Finals will consist of one ten-element voluntary routine.
- 3.10.3. A competitor may repeat elements or a routine performed in the qualification round.
- 3.10.4. The competitors with the eight best scores from the qualification round will go forward to the final.
- 3.10.5. Requirements for the final will be the same as the requirements for the 2<sup>nd</sup> voluntary routine for Levels 9, 10 and Open respectively.
- 3.10.6. The starting order for finals will be by random draw.

**3.11. Synchronized Trampoline**

- 3.11.1. Requirements:
- 3.11.1.1. Level 9-Open synchronized trampoline will consist of one voluntary routine and no finals
  - 3.11.1.2. Level 9 as per Rules 3.7.2.1 - 3.7.2.4
  - 3.11.1.3. Level 10 as per Rules 3.8.2.1 - 3.8.2.4
  - 3.11.1.4. Level Open as per Rules 3.9.2.1 - 3.9.2.3
- 3.11.2. A synchronized pair consist of two women or two men.
- 3.11.3. A competitor may only compete in one synchronized pairing.
- 3.11.4. Allowed pairings:
- 2x Level 9s (any age)
  - 2x Level 10s (any age)
  - 2x Opens (any age)
  - 1x Level 9 + 1 Level 10 (any age)
  - 1x Level 10 + 1x Open (any age)



- 3.11.5. Partners must do the same element at the same time and must start facing in the same direction. They need not twist in the same direction.
- 3.11.6. The age of the older partner determines the competitive age group the team must enter.
- 3.11.7. When competing in a mixed **level** pair, athletes will use the rules for the higher **level**.
- 3.11.8. No finals will be held for any level of synchronized competition.

## Section 4 – Calculation of the Score

### 4.1. Types of Scores

- “D” scores are the total for the degree of difficulty in one routine.
- “E” scores are the total for the execution in one routine.
- “S” scores are the total for synchronization in one routine.
- “HD” score is the total for horizontal displacement in one routine.
- “T” score is the total for the time of flight in one routine.

### 4.2. Calculations of the Scores

- 4.2.1. The evaluation of the execution of elements, difficulty, horizontal displacement and synchronization is done in tenths of a point. The evaluation of Time of Flight will be done in thousandths of a point.
- 4.2.2. Judges must write down their deductions independently of each other.
- 4.2.3. When signaled by the Chair of the Judges Panel, the Execution, Horizontal Displacement and Synchronization judge’s scores must be shown simultaneously.
- 4.2.3.1. Missing marks will be replaced using the following criteria.
- 4.2.3.2. If any of the judges for execution fails to show their mark when signaled by the Chair of the Judges Panel, the remaining mark(s) will be averaged and used for the missing mark.
- 4.2.3.3. If any of the judges for synchronization fails to show their marks when signaled by the Chair of the Judges Panel.
- 4.2.3.3.1. If using a synchro device, the Chair of the Judges Panel along with an appointed judge will use video if available to determine the valid synchro score.
- 4.2.3.3.2. If using two judges, the remaining mark will be doubled and used for the missing mark.
- 4.2.3.4. If the judge for Horizontal Displacement fails to show their marks when signaled by the Chair of the Judges Panel.
- 4.2.3.4.1. If an electronic scoring system is used, the Chair of the Judges Panel and an appointed judge may use official video to determine the HD Score.
- 4.2.3.4.2. If official video is not available the athlete may be allowed to compete again upon the approval of the Chair of the Judges Panel.
- 4.2.3.4.3. If no electronic scoring system and no video is available, and a judge is used, the Chair of the Judges Panel may determine the score for HD or the athlete may be allowed to compete again upon the approval of the Chair of the Judges Panel.
- 4.2.4. For all levels and all competitions, the Meet Director can choose to utilize either the element-by-element or total E, HD and S score process. This must be declared in the competition directives provided prior to competition.

### 4.3. Calculation of the Score for Execution (E Score)

- 4.3.1. To determine the E score, all execution and landing deductions are subtracted from the maximum mark as declared by the Chair of the Judges Panel.
- 4.3.1.1. When using a total E score, the two/three scores must have a range of no more than 0.5 from each other or the median score. If E scores are not within 0.5, the Chair of the Judges Panel will advise the judges to move their scores in a manner that is deemed best and fairest until they are in range.
- 4.3.1.2. Element-by-element average or median scoring does not require a range.

**4.4. E Score Options and Calculation Methods**

Eligibility Only <b>All Levels</b>	Invitational Eligibility Mobility Level 8 & 9	Mobility Level 10 & Open to Elite	State Championships	Regional Championships	National Championships	Stars & Stripes
1 Judge Multiply x 2	2-Judges Add All Levels	2-Judges Add	2-Judges Add Levels 1-4	2-Judges Add Levels 1-4		
	3-Judges Average X 2 All Levels	3-Judges Average X 2	3-Judges Average X 2 Levels 5 - Open	3-Judges Average X 2 Levels 5-Open	3-Judges Average X 2 All levels	3-Judges Average X 2 Levels 5-7
	3-Judges Median X 2 All Levels	3-Judges Median X 2	3-Judges Median X 2 Levels 5 - Open	3-Judges Median X 2 Levels 5-Open	3-Judges Median X 2 All levels	3-Judges Median X 2 Levels 5-7

- 4.4.1. Meet Directors may choose among the scoring methods shown in Rule 4.4 and scoring options below. Scoring methods that will be used at the competition must be stated in meet directives / registration packet.
- 4.4.2. When only one Execution judge is used, the judge's total mark is multiplied times two.
- 4.4.3. In all levels using two Execution Judges and the total E score method, the two scores are added together to determine the total E score for the routines.
- 4.4.4. In all levels using three Execution judges and the total E score method, the three scores are either averaged or the median used and multiplied times two to determine the total E score for the routine, as per Rule 4.4.8.1.1 – 4.4.8.1.3.
- 4.4.5. In all levels, when two Execution judges and the element-by-element method is used, the deductions for each element are added together and subtracted from the maximum mark to determine the total E score.
- 4.4.6. In all levels, when three Execution judges and the element-by-element method is used, the average of each deduction or the median deduction is added together and subtracted from the maximum mark then multiplied times two to determine the total E score for the routine as per Rule 4.4.8.1.1 – 4.4.8.1.3.
- 4.4.7. In all levels for synchronized competition, drop the high and low Execution judges score and average the two remaining marks for the valid execution score (max 10.0). (See Guide to Judging)
- 4.4.8. Calculation of the total score for a routine
- 4.4.8.1.1. 2 Judge total score
- $(E1 + E2) + HD + TOF + DD - \text{penalties}$
- 4.4.8.1.2. 3 Judge average:
- $((\text{Average Total score of } E1, E2, E3) \times 2) + HD + ToF + DD - \text{penalties}$
  - $((\text{Sum of the average of each element score of } E1, E2, E3, \text{ subtracted from the maximum mark}) \times 2) + HD + TOF + DD - \text{penalties}$
- 4.4.8.1.3. 3 Judge median:
- $(\text{Drop high and low score of } E1, E2, E3 \times 2) + HD + ToF + DD - \text{penalties}$
  - $(\text{Drop high and low deduction of each element of } E1, E2, E3, \text{ take the sum of the median deductions and subtract from the maximum mark } \times 2) + HD + ToF + DD - \text{penalties}$

**4.5. Calculation of the Score for Difficulty (D Score) Levels 8-10**

- 4.5.1. Difficulty judges calculate the difficulty of the second voluntary routine as per Rules 2.6.11.1.1-2.6.11.4 and enter it on the competition card.

**4.6. Calculation of the Score for Synchronization for Levels 9-Open**

- 4.6.1. If an electronic scoring system is used, the mark generated by the system is doubled and taken as the valid score for synchronization.
- 4.6.1.1. If a breakdown of the electronic system occurs, the score for synchronization is determined through an analysis of the official video by the Chair of the Judges Panel or an appointed judge with the assistance of the Synch judge per Rule 2.7.2.1.
- 4.6.2. If an electronic scoring system is not available then two judges will take the appropriate deductions and subtract from the maximum mark determined by the Chair of the Judges Panel.
- 4.6.3. Evaluate the synchronization of each element in the range of 0.0-0.5 as per Rule 2.7.1.3.1.
- 4.6.4. When using a total S score, judges will subtract their deductions from the maximum mark determined by the Chair of the Judges Panel. The two S scores will be added together to determine the valid S score. (Maximum 20 pts)
- 4.6.5. When using element-by-element S scores, Synch judge's deductions will be entered into the scoring program. The deduction for each element will be averaged and considered the valid deduction for each element. The deductions will be subtracted from the maximum mark determined by the Chair of the Judges Panel (Maximum 20.0).

**4.7. Calculation of the Score for Time of Flight (T Score)**

- 4.7.1. The evaluation of the time of flight should be done electronically. The appointed judge is responsible for controlling the electronic scoring system.
- 4.7.1.1. If a breakdown of the electronic system occurs, the time is determined through an analysis of the official video by the Chair of the Judges Panel or an appointed judge with the assistance of the Difficulty judge per Rule 2.8.2.1.
- 4.7.1.2. All TOF scores will be truncated to two decimal places (See Guide to Judging).

**4.8. Calculation of the Score for Horizontal Displacement (HD Score)**

- 4.8.1. The evaluation of Horizontal Displacement should be done electronically.
- 4.8.1.1. If an electronic scoring system is used, the mark generated by the system is taken as the score for HD.
- 4.8.1.2. Should an electronic system not be available, one (1) judge for individual trampoline and (2) judges for synchronized trampoline will evaluate the routine and take the appropriate deductions based on the landing on the bed and subtract from the maximum mark as determined by the Chair of the Judges Panel.
- 4.8.2. If the HD judge fails to show his/her mark the Chair of the Judges Panel or an appointed judge with the assistance of the Horizontal Displacement Judge may use official video to determine the HD score.
- 4.8.2.1. If official video is not available the athlete may be allowed to compete again upon the approval of the Chair of the Judges Panel.

**4.9. Calculation of the Competitor's Score for the Qualification Round**

- 4.9.1. Compulsory Routines
- 4.9.1.1. Levels 1-7, the valid execution score as per Rule 4.3, minus Chair of the Judges Panel penalties will be the total score for the routine.

- 4.9.2. Individual Voluntary Routines
  - 4.9.2.1. 1<sup>st</sup> Voluntary – Level 8-Open, the valid E score, added to the HD score, minus Chair of the Judges Panel and Difficulty judge’s penalties will be the total score for the routine.
    - 4.9.2.1.1. Exception: Level 10 and Open - ToF will be added at all national events.
  - 4.9.2.2. 2<sup>nd</sup> Voluntary – Level 8-Open, the valid E score, added to the D and HD score, minus any Chair of the Judges Panel and Difficulty penalties will be the total score for the routine.
    - 4.9.2.2.1. Exception: Level 10 and Open - ToF will be added at all national events.
- 4.9.3. The total of the 1<sup>st</sup> voluntary and 2<sup>nd</sup> voluntary routines are added together to determine the competitors total score for the qualification round.
- 4.9.4. Synchronized Competition
  - 4.9.4.1. Level 9 - Open – the valid scores for E, D HD and S are added together, minus Chair of the Judges Panel and Difficulty judges penalties, will be the total score for the routine.

#### **4.10. Calculation of the Competitor’s Final Score**

- 4.10.1. Level 1-8 – No finals are held.
- 4.10.2. Level 9 - Open, individual trampoline
  - 4.10.2.1. Final routine: Add the valid E score to the score for HD, DD, plus ToF where applicable, minus any Chair of the Judges Panel and Difficulty judge’s penalties to determine the total score for the final round.
  - 4.10.2.2. The total score from the Qualification and the Final round are added together to determine the valid final score.
- 4.10.3. Synchronized Trampoline
  - 4.10.3.1. Level 9-Open: No finals are held

#### **4.11. Final Score**

- 4.11.1. The data recorder will notate the judge’s scores and enter the score into the scoring system.
  - 4.11.1.1. The score will be rounded to two decimal places. Such rounding will only be made with respect to the competitor’s final total score.
- 4.11.2. The Chair of the Judge’s Panel is responsible for determining the validity of the final score. Some competitions may require the Chair of the Judge’s Panel to verify and sign the official results.

#### **4.12. Tie Breaking System**

- 4.12.1. Levels 1-7:
  - 4.12.1.1. The gymnast with the highest two E-scores.
  - 4.12.1.2. The gymnast with the highest single E-score.
  - 4.12.1.3. If there is still a tie, the tie will not be broken.
- 4.12.2. Level 8 – Open Qualification (Ties are not broken in the final round)
  - 4.12.2.1. The gymnast with the highest H-score of the 2<sup>nd</sup> routine.
  - 4.12.2.2. The gymnast with the highest D-score of the 2<sup>nd</sup> routine.
  - 4.12.2.3. The gymnast with the highest total E-Score of the 2<sup>nd</sup> routine.
  - 4.12.2.4. The gymnast with the highest sum of the total E-score of routine 1 and routine 2.
  - 4.12.2.5. If there is still a tie, the tie will not be broken.
- 4.12.3. Level 9-Open Synchronized
  - 4.12.3.1. The pair with the highest S-score.
  - 4.12.3.2. The pair with the highest H-score.
  - 4.12.3.3. The pair with the highest D-score.
  - 4.12.3.4. The pair with the highest E-score.
  - 4.12.3.5. If there is still a tie, the tie will not be broken.
- 4.12.4. Example of distribution of awards, if a tie cannot be broken

- 4.12.4.1. Two competitors are tied for 2nd place.
- 4.12.4.2. Award the 1st place medal to the gymnast with the highest score.
- 4.12.4.3. The 2nd place medals are presented to the two gymnast with the tied score.
- 4.12.4.4. NO 3rd place medal is awarded.
- 4.12.4.5. The 4th place award is presented to the next gymnast, and so on.